

Use of aromatic and medicinal plants, drugs and herbal products in Bragança city

Mónica Cheio¹, Agostinho Cruz¹, Olívia R. Pereira²

1 Escola Superior de Tecnologia da Saúde, Instituto Politécnico do Porto, 4400-330 Vila Nova de Gaia, Portugal;

2 Escola Superior de Saúde, Instituto Politécnico de Bragança, Bragança, 5300-121 Bragança, Portugal

Correspondence: Olívia R. Pereira (oliviapereira@ipb.pt) – Escola Superior de Saúde, Instituto Politécnico de Bragança, Bragança, 5300-121 Bragança, Portugal

Herbal therapy is characterized by the use of aromatic and medicinal plants (AMP) in different pharmaceutical forms for therapeutic purposes. The present study aims to characterize the use of AMP, drugs and herbal products in Bragança city.

A cross-sectional study was conducted through application of a questionnaire to 404 subjects of both gender and aged between 18 and 89 years.

AMP were therapeutically used by 53.7 % mainly due “to be natural” (43.9 %) while 33.8 % use drugs and/or herbal products mainly “because it is good for health” (53.5 %). The AMP most used were Cidreira (n = 149) and Camomila (n = 117) and concerning drugs and/or herbal products Valdispert® (n = 48) and Daflon® 500 (n = 41) were the most reported.

Overall, the reported uses of AMP, drugs and herbal products were correct, according to the reported in literature. The use of AMP is motivated by self-knowledge (55.4 %) while drugs and/or herbal products are used mostly by medical prescription (44.1 %). AMP were obtained by own cultivation (44.1 %) and drug and/or herbal products in pharmacies (89.0 %). Of all users, about 90 % did not combined these products with conventional drugs and it was identified just one potential occurrence of drug interactions related with the use of Hipericão. The occurrence of adverse effects was noted after the use of AMP Sene (11.8 %), Hipericão (9.1 %) and Ginkgo Biloba (8.3 %). The use of these products is a common practice among the residents of Bragança city, which use a wide diversity of AMP and plant-based products.

Keywords Aromatic and medicinal plants, herbal drugs, herbal products